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A system and method for improved imaging of a patient through the use of low-dose exposure aided positioning is provided. The patient is positioned in the X-ray system and then imaged with a low-dose pre-shot to verify the positioning of the patient. If the patient's positioning is acceptable, the patient is then imaged with a full-dose X-ray exposure. If the patient's positioning is not acceptable, the patient is repositioned and re-imaged with a low-dose pre-shot until the patient's positioning is acceptable. The low-dose pre-shot may take the form of a low-dose X-ray imaging sequence. The present invention thus provides for rapid verification of the proper positioning of the patient in the X-ray system in order to provide for optimal X-ray image quality. Additionally, the X-ray imaging system thus minimizes the additional exposure to X-ray radiation on the part of the patient.